

GYM SCHEDULE

KOMANETSI

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6:30AM			<div><div><div></div><div></div><div></div><div></div></div><div>RISE AND POWER</div><div>Ends at 7:30am</div></div>				9:00AM <div><div>YOGA</div><div>Ends at 10:00AM</div></div>
8:00AM	<div><div>PI</div><div>ATES</div><div>Ends at 9:00am</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 8:45am</div></div>		<div><div>PI</div><div>ATES</div><div>Ends at 9:00am</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 8:45am</div></div>	10:15AM <div><div>LES MILLS</div><div>RPM</div><div>Ends at 11:00am</div></div>	
5:00PM		<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 5:45pm</div></div>			<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 5:45pm</div></div>	<div>OTHER INFORMATION</div> <div>WORKING HOURS</div> <div>MONDAY-FRIDAY 6:00AM-10:00PM</div> <div>SATURDAY 6:00AM-07:00PM</div> <div>PLEASE NOTE: WORKING HOURS EXCLUDE ALL CLOSED DAYS, INCLUDING PUBLIC HOLIDAYS AND OTHER NON-OPERATIONAL DAYS.</div> <div>IN PARTNERSHIP WITH</div> <div>LES MILLS</div>	
6:00PM	<div><div>CIRCUIT</div><div>TRAINING</div><div>Ends at 6:50pm</div></div>	<div><div>LEGS & GLUTES</div><div>POWER</div><div>Ends at 6:45pm</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 6:45pm</div></div>	<div><div>CIRCUIT</div><div>TRAINING</div><div>Ends at 6:50pm</div></div>	<div><div>LEGS & GLUTES</div><div>POWER</div><div>Ends at 6:45pm</div></div>		
7:00PM	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 7:45pm</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 7:45pm</div></div>	<div><div>TABATA</div><div>Ends at 7:45pm</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 7:45pm</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>Ends at 7:45pm</div></div>		
8:00PM	<div><div>PI</div><div>ATES</div><div>Ends at 9:00pm</div></div>	<div><div>LES MILLS</div><div>RPM</div><div>Ends at 8:45pm</div></div>	<div><div>YOGA</div><div>Ends at 9:00pm</div></div>	<div><div>PI</div><div>ATES</div><div>Ends at 9:00pm</div></div>			

SCHEDULE CHANGES

THE SCHEDULE MAY CHANGE AT ANY TIME

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